


Monday	Tuesday	Wednesday	Thursday	Friday
		1). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep In Your Step 11:30-12:00 Word Play 12:00-12:45 Lunch 12:45-1:30 Fast 5/Quote of the Day	2). 10:00-11:00 Coffee and Socializing 11:00-11:30 Stretching 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:30 Trivia Time	3).  <b>MOVIE DAY</b>
6). 10:00-11:00 Coffee and Socializing 11:00-11:30 Movin' and Groovin' 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:30 Family Feud/Wellness Tip	7). 10:00-11:00 Coffee and Socializing 11:00- 11:30 Rebus Puzzle 11:30- 12:00 Walking 12:00-12:45 Lunch 12:45-1:30 Relays/Toss It	8). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep in your Step 11:30-12:00 Concentration 12:00- 12:45 Lunch 12:45- 1:30 Hidden Pictures	9). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Bounce It 12:00-12:45 Lunch 12:45-1:30 Cards and Coloring Points to Ponder	10).  <b>MOVIE DAY</b>
13). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep In Your Step 11:30-12:00 Word Play 12:00-12:45 Lunch 12:45-1:30 Follow That Rhythm Joke of the Day	14). <b>FBI PRESENTATION            (All Centers meet            @ Columbia)</b>	15). 10:00-11:00 Coffee and Socializing 11:00-11:30 Sittercize 11:30-12:00 Everybody Knows 12:00-12:45 Lunch 12:45-1:30 Fast 5/Would You Rather	16). 10:00-11:00 Coffee and Socializing 11:00- 12:00 Spring Arts and Crafts 12:00-12:45 Lunch 12:45-1:30 Tangrams/Wellness Tip	17).  <b>MOVIE DAY</b>
20). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Search 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:30 Trivia Time	21). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep In Your Step 11:30-12:00 Puzzlemania 12:00-12:45 Lunch 12:45-1:30 Concentration/Joke of the Day	22). 10:00-11:00 Coffee and Socializing 11:00-11:30 Sittercize 11:30-12:00 Oodles of Noodles 12:00-12:45 Lunch 12:45-1:30 Word Search	23). 10:00-11:00 Coffee and Socializing 11:00-11:30 Arthritis Exercise 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:30 Price is Right/Nutrition News	24).  <b>MOVIE DAY</b>
27). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Bounce It 12:00-12:45 Lunch 12:45-1:30 Cards and Coloring	28). 10:00-11:00 Coffee and Socializing 11:00-11:30 Arthritis Exercise 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:30 5 Second Rule/Points to Ponder	29).  <b>Client's Choice</b>	30). 10:00-11:00 Coffee and socializing 11:00-12:00 BINGO/Sittercize 12:00-12:45 Lunch 12:45-1:30 Trivia/Word Search	31).  <b>MOVIE DAY</b>

## March 2023 Wellness Centers Calendar